## ATTENTION WOMEN VETERANS!! JULY/AUG 2016 CALENDAR You are invited to the following activities for women enrolled at VA Central Iowa

Every Thurs. this summer  Time: 1:30-2:30pm Place: Bldg. 12/CLC third floor dining room  Yoga!!! Beginner or Advanced. Mats will be provided (or bring your  own) or you can use a chair. No need to sign up—just show up!  Fly Tying and Fly Fishing this summer—Fly Tying and/or fly fishing will  continue on the 1 <sup>st</sup> and 3 <sup>rd</sup> Tuesdays of the month (in the evening). Please	
contact Joni for more information and details.	The state of the s
Wed. July 20 Time: 2pm-8pm Place: Big Creek Marina	
Meet at VA, outside of Bldg. 12 by 2pm if you want a ride to the Marina. Otherwise, plan to meet us at the Marina by 3pm. We will rent a pontoon boat and take a ride around the lake from about 3:30-5pm We will then move to a shelter site near the Marina for a cookout and lawn games. We plan to eat around 6pm if you'd like to join us later in the day only. We will leave by 7pm to get back to the VA NO LATER than 8pm. Big Creek Marina is located at 8550 NW 142 <sup>nd</sup> Ave, Polk City. You need to look for signs to the BEACH to get the Marina. If you come in on Big Creek Dr, you need to drive for awhile to get to the beach/marina area. If you come in on 142 <sup>nd</sup> , turn to the right and the marina/beach will be on your left soon after. We hope to eat under one of the shelters near the marina (Shelters are named Beach 1, 2, 3 or some of the small cabanas). You will be able to see us as it is all right there. There is a beach you can use and plenty of restrooms as well. We will supply all food (hamburgers, hot dogs, chips, pasta salad, fruit, dessert, water and drinks).  We MUST have an RSVP no later than Wed. July 13. We can take no more than 10 people out of the pontoon at a time, so sign up with be first come-first serve. We might be able to do 2 quicker trips out if more than 10 wish to attend. We also need to know how many will be eating so we have enough food for all. Please let Suzanne know by Wed. July 13 and let us know if you plan to ride out with us or meet us there. (515-699-5999 x4949). Don't forget things like sunscreen, maybe your own jug of water for the boat, etc.	COOKOUT!
Wed. Aug. 3 Time: 1:30-3pm Place: Bldg 12, Room B109  Come meet with dietician Terri to learn new ideas on healthy meals. No need to RSVP, just show up.	
Wed, Aug. 24 Time: 1-3pm Place: Bldg. 12, Room B109  Come work on some fleece blankets to be given to hospitalized female veterans at the VA. No experience needed. You could work on a craft project if you prefer also.	

Good luck to the women attending the National Veterans Golden Age Games in Detroit, MI July 10-14, 2016!!!!!



Reminder to check out the VA website for other activities open to all veterans, such as bike rides and more. Go to <a href="www.centraliowa.va.gov">www.centraliowa.va.gov</a> and then go to calendar listed towards the bottom on the right side.

Sept 7-8, 2016-Overnight retreat at Camp Wesley Woods in Indianola, IA. More details to come but save the dates!

For questions, please contact Suzanne Anderson, Music Therapist at 699-5999 x4949 or e-mail <u>Suzanne.anderson4@va.gov</u> or Joni Osmundson, Recreation Therapist at 699-5999 x4980 or e-mail <u>joni.osmundson@va.gov</u>